CLAIMS:

1. A receiver-driven streaming method, comprising:

    receiving an original coded video stream from a transmitter at a receiver;

    measuring an available bit rate at the receiver;

    sending a request for a different coded video stream and a switching stream based on the available bit rate from the receiver to the transmitter;

    receiving the requested switching stream from the transmitter at the receiver; and

    receiving the requested coded video stream from the transmitter at the receiver.

2. The method of Claim 1, the receiver and the transmitter coupled to each other through a network.

3. The method of Claim 1, the transmitter operable to store at least three coded video streams and at least four switching streams for each of a plurality of video streams.

4. The method of Claim 1, the transmitter operable to store at least three coded video streams and at least six switching streams for each of a plurality of video streams.

5. A receiver-driven streaming method, comprising:

    transmitting an original coded video stream from a transmitter to a receiver;

    receiving a request for a different coded video stream and a switching stream from the receiver at the transmitter;

    transmitting the requested switching stream from the transmitter to the receiver; and

transmitting the requested coded video stream from the transmitter to the receiver.

6.   The method of Claim 5, further comprising:

coding a plurality of video streams at a plurality of bit rates at the transmitter; and

storing each of the coded video streams in a separate track at the transmitter.

7.   The method of Claim 6, further comprising transmitting from the transmitter to the receiver data to inform the receiver of the plurality of bit rates corresponding to the stored coded video streams.

8.   The method of Claim 5, further comprising storing each of a plurality of switching streams in a separate track at the transmitter.

9.   The method of Claim 5, further comprising storing in separate tracks at the transmitter at least three coded video streams and at least four switching streams for each of a plurality of video streams.

10.   The method of Claim 5, further comprising storing in separate tracks at the transmitter at least three coded video streams and at least six switching streams for each of a plurality of video streams.

11.   A receiver-driven streaming system, comprising:

a computer-processable medium; and

logic stored on the computer-processable medium, the logic operable to receive an original coded video stream, to measure an available bit rate, to send a request for a different coded video stream and a switching stream based on the available bit rate, to receive the requested switching stream, and to receive the requested coded video stream.

12. A receiver-driven streaming system, comprising:

a computer-processable medium; and

logic stored on the computer-processable medium, the logic operable to transmit an original coded video stream, to receive a request for a different coded video stream and a switching stream, to transmit the requested switching stream, and to transmit the requested coded video stream.

13. The system of Claim 12, the logic further operable to code a plurality of video streams at a plurality of bit rates and to store each of the coded video streams in a separate track and to transmit data to inform a receiver of the plurality of bit rates corresponding to the stored coded video streams.

14. The system of Claim 12, the logic further operable to store each of a plurality of switching streams in a separate track.

15. The system of Claim 12, the logic further operable to store in separate tracks at least three coded video streams and at least four switching streams for each of a plurality of video streams.

16. The system of Claim 12, the logic further operable to store in separate tracks at least three coded video streams and at least six switching streams for each of a plurality of video streams.

17. A receiver-driven video stream, comprising:

an original coded video stream;

a different coded video stream and a switching stream requested by a receiver measuring an available bit rate at the receiver and sending a request for the different coded video stream and the switching stream based on the available bit rate.

18.   The receiver-driven video stream of Claim 17, wherein the original coded video stream, the different coded video stream and the switching stream are selected from at least three coded video streams and at least four switching streams.

19.   The receiver-driven video stream of Claim 17, wherein the original coded video stream, the different coded video stream and the switching stream are selected from at least three coded video streams and at least six switching streams.

20.   The receiver-driven video stream of Claim 17, wherein streaming of the original coded video stream, the different coded video stream and the switching stream is based at least in part on one or more hinting tracks each corresponding to one of a plurality of coded video streams coded at different bit rates and one or more hinting tracks each corresponding to one of a plurality of switching streams for switching from a coded video stream at a first bit rate to a coded video stream at a second bit rate.